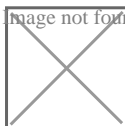


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# **Giant Helston (LRTF 09:30)**

**Giant Store Helston S101/25**

**25/06/2023 07:00**

**S101/25**

**Sponsored By**



Promoted for and on behalf of Cycling Time Trials under its rules and regulations.



## Headquarters

Sign on and event HQ is located at Lanivet Community Centre (Upstairs) where there will be toilet facilities and parking.

Lanivet Parish Community Centre

Carters Parc, Rectory Road, Lanivet  
Bodmin, PL30 5HG

BREW Coffee will also be in attendance so please indulge in Coffee, Tea and plenty of Cake afterwards.

## Route from HQ to start

Please allow ample time to ride to the start. Distance from HQ is approx 1 mile (up a hill).

## Course details

Start on the 'No Through' road (Grid Ref SX031 629), at the first lamppost on the right from the roundabout. Proceed to roundabout, take 1st exit marked A30 West, Newquay, Redruth to join the A30 (with care). Continue until slip road off, sign to Newquay, Indian Queens, at bottom of slip road join underpass (with care). Pass under A30 and take the 4th exit marked Bodmin to rejoin A30 east bound (with care). Continue until Victoria interchanges. Take slip road off signed Victoria, Roche, to roundabout, take 3rd exit to cross over A30 to next roundabout. Take 2nd exit to rejoin A30 going west (with care). and repeat 1st lap. On completion of 2nd lap at Victoria interchange, take slip road signed Victoria, Roche to roundabout, take 1st exit onto the old A30 to the finish at the gate at the bottom of the dip just before road opposite under the new A 30.(Grid Ref SX013 627)

## Local regulations

Junior riders must bring a signed parental consent form prior to sign on.

**NO FRONT & REAR LIGHTS + HELMET = NO RIDE!**

Sleeveless triathlon suits are not permitted. Ride sensibly, no heads down riding, looking ahead at all times. Respect Marshalls if you are told to stop and remember to shout your number as clearly as possible when crossing the finish line.

After the race please return to the hall and remember to sign out.

## Organiser contact details

James Grogan  
5 The Gue Porthleven  
09764426711  
01326563912  
groggas@live.co.uk

## Time keepers/officials

Timekeeper; Sean Parker

Marshalls; Friends and Family of Giant Store Helston

## Course records

### Solo Male

00:48:30  
Steve Lampier  
13-Sep-20 | Giant Helston (LMTF 09:30)

### Solo Female

00:57:50  
Erica Booth  
13-Sep-20 | Giant Helston (LMTF 09:30)

### Solo Male (Junior)

00:53:23  
Harry Jukes  
01-Aug-21 | Giant Helston (LMTF 09:30)

### Solo Female (Junior)

1:02:04

Hannah Rainger

01-Aug-21 | Giant Helston (LMTF 09:30)

### **Team TT**

00:50:25

James Grogan, Tim Mcevoy, James Hadfield, Jason Mcgowan

15-Sep-19 | Giant Helston (4up TTT) (Entry fee per rider)(inc. SW DC Championships)(LMTF 09:30)

### **Awards/prizes**

Prizes; Funds raised from entries will be donated to Time Keepers and event helpers to cover their expenses.

### **NOTES TO COMPETITORS:**

#### 17. Signing-on Sheet and Signing-out Sheet

(a) The competitors in all types of events must make themselves aware of any special safety instructions for the event and sign the official signing-on sheet when collecting their number.

(b) In Type A events a competitor must return to the event HQ either during the event or within a reasonable time after the last rider has finished the event and must (i) return their race number(s); and (ii) sign the official signing-out sheet. A rider who fails to so sign the official signing-out sheet shall be recorded as DNF.

This event may be subject to a Doping Control As soon as you have finished you should return to the event HQ as it is your responsibility to check if you are required for Doping Control. Race numbers required for Doping Control will be displayed at the HQ adjacent to the result board. If your number is displayed you should report immediately to Doping Control which will be nearby. Remember, it is up to you to check and ensure that you comply. If required you must report to Doping Control after finishing without delay.

# Startsheet

## Giant Helston (LRTF 09:30)

Start Number	Start Time	Rider	Club	Gender	Category
1	07:01:00	Andrew Ellis	www.giant-helston.co.uk	male	Vet
2	07:02:00	James Tregear	Wheal Velocity	male	Junior
3	07:03:00	Rose Willis	St Austell Whs CC	female	Vet
4	07:04:00	Anthony Green	Penzance Wheelers CC	male	Senior
5	07:05:00	James Hadfield	www.giant-helston.co.uk	male	Senior
6	07:06:00	Sophie Butcher	Tri Logic Cornwall	female	Senior
7	07:07:00	Robert Taylor	Penzance Wheelers CC	male	Senior
8	07:08:00	Mark King	Tri Logic Cornwall	male	Vet
9	07:09:00	Mat Williamson	Holsworthy Peloton	male	Vet
10	07:10:00	James Grogan	www.giant-helston.co.uk	male	Senior
11	07:11:00	Jonathan Webb	Tri Logic Cornwall	male	Senior
12	07:12:00	Eve Sealy	Tri Logic Cornwall	female	Senior
13	07:13:00	Angharad Berriman	Penzance Wheelers CC	female	Vet
14	07:14:00	Oliver Baylin	www.giant-helston.co.uk	male	Senior
15	07:15:00	David Roe	North Devon Velo	male	Vet
16	07:16:00	Larry Martin	Tri Logic Cornwall	male	Vet
17	07:17:00	Martina Geraghty	Penzance Wheelers CC	female	Vet
18	07:18:00	John Morse	Penzance Wheelers CC	male	Vet
19	07:19:00	Ian Houvenaghel	Saint Piran	male	Vet
20	07:20:00	Jason McGowan	www.giant-helston.co.uk	male	Vet
21	07:21:00	Peter Miners	Duchy Velo	male	Vet
22	07:22:00	Lubos Obornik	Cranbrook Cycle Club	male	Vet
23	07:23:00	Ross Duerden	Tri Logic Cornwall	male	Senior
24	07:24:00	Peter MacNaughton	Total Tri Training	male	Vet
25	07:25:00	Philip Bache	Tri Logic Cornwall	male	Senior
26	07:26:00	Philip Ley	North Devon Velo	male	Vet
27	07:27:00	Lee Adams	Tavistock Whs CC	male	Senior
28	07:28:00	Doug Parker	Sid Valley CC	male	Vet
29	07:29:00	Chris Vellacott	Royal Navy & Royal Marines CA	male	Vet
30	07:30:00	Adam Gitlin	Alltrax	male	Vet

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<b>Start Number</b>	<b>Start Time</b>	<b>Rider</b>	<b>Club</b>	<b>Gender</b>	<b>Category</b>
31	07:31:00	Paul Walshe	Plymouth CorinthianCC	male	Vet
32	07:32:00	Conrad Moss	NopinZ	male	Vet